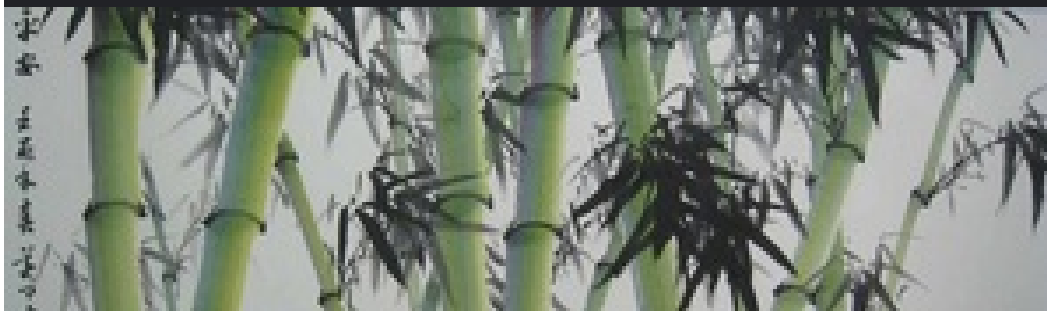



hszc.org

2013 - May 28 thru June 12



Sangha e-Newsletter

Source: Shobo Genzo, Shin-Fukatoku - Eihei Dogan Zenji

- Tr. Gudo Nishijima & Chodo Cross

Ch'an (Zen) Master Tokuzan traveling to the order of Ch'an Master Shin of Ryutan, he intends to join, hearing grand things of this order, in travel he rests and notices a road side fellow resting old woman:

"Tokuzan: What kind of person are you? ~ Old Woman: I am an old woman who sells rice cakes ~ Tokuzan: Will you sell some rice cakes to me? ~Old woman: Why does the Master wish to buy rice cakes? ~Tokuzan: I would like to buy rice cakes to refresh my mind.

~Old Woman: What is the great load the Master is carrying?

~Tokuzan: Have you not heard? I am Shu, King of the Diamond Sutra. I have mastered the Diamond Sutra. There is no part of it that I do not understand. This [load] I am now carrying is commentaries on the Diamond Sutra. ~Old Woman (Hearing this insistence):

The old woman has a question. Will the Master permit me [to ask] it, or not? ~Tokuzan says: I give you permission at once. You may ask whatever you like. ~The old woman says: I have heard it said in the Diamond Sutra that past mind cannot be grasped, present mind cannot be grasped, future mind cannot be grasped. Which mind do you now intend somehow to refresh with rice cakes? If the Master is

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Practice Schedule:

Monday - Friday



able to say something, I will sell the rice cakes. If the Master is unable to say anything, I will not sell the rice cakes.

Tokuzan is dumbfounded at this: he does not know how he might politely reply. The old woman just swings her sleeves and leaves... "

She does not sell Tokuzan her rice cakes. This event gives rise to when Tokuzan first says: "A rice cake painted in a picture cannot kill hunger".

Upcoming Events:

NEW! Metta Guided Meditation second and fourth Fridays each month at 6pm - Lead by Rev Myō Lahey

Sewing Abbot's Robe with Tim Wicks - for the Mountain Seat Ceremony, Oct 13th! Saturdays: Jun 1, 15 & 29... @11:30am

Dharma Talks - [Rev. Myo Lahey](#) Saturdays: June 1, 8, 15 @10:15am

Guest Speakers Saturdays 10:15am - **July 20** - [Rev. Tova Green](#); **August 10** - [Rev Shokan Jordan Thorn](#); **September 14** - [Ayya Santacitta](#) of [Aloka Vihara](#); **October 5** - [Zachary Smith](#), [Anshi Daigi](#); **November 2** - [Elaine Donlin Sensei](#) of Jodo Shinshu; **December 14** - [Beata Chapman](#)

Full Moon Ceremony - Saturday June 22: Full Strawberry Moon @11am

6:00 am Zazen (seated meditation)
6:40 am Kinhin (walking meditation)
6:50 am Zazen
7:20 am Chanting
7:40 am Soji (brief temple cleaning)

6:00 pm Zazen
6:40 pm Chanting

Saturday

6:30 am Zazen
7:10 am Chanting
7:25 am Soji
8:30 am Drop-in instruction
9:25 am Zazen
10:15 am Dharma Talk
11:00 am Refreshments/Social

HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us! Thursdays & Fridays

10:30 am zazen
11:00 am socializing

Meditation in Recovery

(Men & Women)
weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm

Meditation in Recovery

(Women only)
monthly meditation group for women in

Sangha Council - July 20, 2013 @ 12:30pm

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour The Book of Serenity, we have books to share, feel free to drop in - Thursdays @7:30pm

Next Board of Directors' Meeting - Second Wednesdays of the month:
June 12 @7:30pm (all are welcome to attend & observe)



Sheryl-san Leaf - former resident and steady presence of HSZC for several years now, likely this photo has caught her generously doing a task to care for Issan-Ji and/or its' Practice Leader as she often does and can be found doing still, much to our delight and gratitude-- 2012

recovery from addiction First Thursdays

7:15 pm - 8:45 pm

Hartford Street Zen Center is a Castro neighborhood temple & residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support &

This Issue:

A request goes out to all Sangha for newsletter content! Ever want to share your thoughts or art with hundreds of people, maybe even a thousand or more? Well here is an opportunity! If you want to thank someone, talk a bit about who they are, if you wrote something you think would nice to share with the world or a reflection on your practice or results and offering that into the world... Or you stumble upon Dharma including in 'an unlikely place" or avenues you'd like shared... Let us know! If we can build a bit of a inventory we will release them, one gem at a time and would love to give some insight of who we are at Hartford Street both in past and hopes for the future but even more importantly who we are in the present! Please feel free to submit (and give us a while if we get many offerings), to publish your words or pictures. [Here's a simple example](#) of a Dharma "sounding" encounter I came across when I was listing to music a few months back and felt like I heard a teaching in a pop song by [Regina Spector entitled "On the radio"](#):

...This is how it works
 You're young until you're not
 You love until you don't
 You try until you can't
 You laugh until you cry
 You cry until you laugh
 And everyone must breathe
 Until their dying breath

No, this is how it works
 You peer inside yourself
 You take the things you like
 And try to love the things you took
 And then you take that love you made
 And stick it into some
 Someone else's heart
 Pumping someone else's blood
 And walking arm in arm
 You hope it don't get harmed
 But even if it does
 You'll just do it all again..."

From our Resident Practitioners: We are still seeking a dedicated,

engage the Queer Community and its allies.

NEW! Women's Sitting group

(Women only)

Sitting followed by Dharma talk then tea and cookies. Mostly Zen. A safe space open to all women to sit, hear the Dharma & get to know one another. Free but Dana is always appreciated. Suggested \$5

Kicks off Tues, September 3rd: 7pm-8:30pm.

fellow resident practice student. [Visit here](#) to see more detail & PLEASE spread the word to folks we know especially those in the Zen or the wider Buddhist Community!



Did you know? On our hszc.org website we have Internet Archive Dharma talks. These, we are told were loaded into the internet archives years ago by Jeff T. and now you can go back and visit the past. There are even folks who no longer are with us in this current day human expression of physical body such as Rev John King or Rev Darlene Cohen, so just click on "[Past Events](#)" under the Community Events tab and visit the world of HSZC gone by...

Words from our Practice Leader: Reverend Myo Lahey
Mar 30, 2013

"In this our human world, we have this capacity, you might say, to see in the dark. Usually people don't realize that without some cultivation or practice or something. We don't realize that we have what Dogen calls nighttime eyes. All we know about is the daytime eyes. In our sitting practice, we simply allow the nighttime eyes to be open. We don't open them ourselves because they don't operate at our command exactly. They operate according to what Chan calls the imperative.

In addition to acquiring baggage, such as 'ooo' I'm a teacher, or even 'ooo' I'm not a teacher, that's another kind, we also have some sense of the vastness of the universe which is, as they say, pathless as the track of the birds with the sky. And since that can cause some difficulties of its own we have some precepts, which, you might say, project kind of a map into this vast universe to help us a little bit with our behavior. Because otherwise, we might think, for instance, anything goes. Whereas in a way it's true, the way anything goes is the way the Buddha's demonstrate. The way they demonstrate it they do no harm, and in fact, their activities are for the sake of maturing beings so that beings will come to appreciate their nighttime eyes."

Hartford Street History:

Rev Jeffrey Schneider - HSZC Newsletter - November 2007

Speaking to and about others—"you know obviously the precepts suggest that it's best if we refrain from slander or gossip. Speaking words that are true, timely, helpful and kind. So if we never said anything that wasn't true, timely, helpful and kind, if we had to meet all of those four sayings every time we opened our mouth, it would probably be a much quieter world. And probably a nicer world too. But I think that as well as attending to the prohibitory precepts, the speech of dana is also about not withholding the loving comment. If your friend comes into the room and it always makes you happy to see her, why don't you say, "You know every time you come into the room, it makes me happy to see you." Grateful speech is also dana."

From the Garden: The flowers asked we share their current favorite sonnet.

William Shakespeare -1609

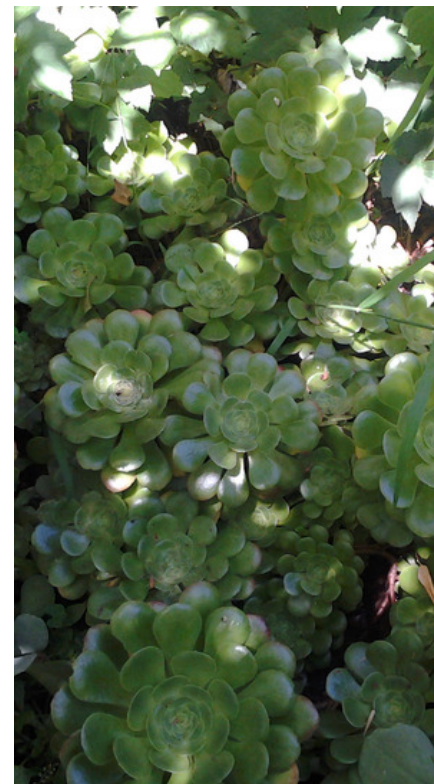
Sonnet 18

Shall I compare thee to a summer's day?
 Thou art more lovely and more temperate:
 Rough winds do shake the darling buds of May,
 And summer's lease hath all too short a date:
 Sometime too hot the eye of heaven shines,
 And often is his gold complexion dimm'd;
 And every fair from fair sometime declines,
 By chance or nature's changing course untrimm'd;
 But thy eternal summer shall not fade
 Nor lose possession of that fair thou owest;
 Nor shall Death brag thou wander'st in his shade,
 When in eternal lines to time thou growest:
 So long as men can breathe or eyes can see,
 So long lives this and this gives life to thee.

TWITTER Don't forget to visit Twitter for last minute schedule changes and to see if anyone is offering up a social "meet-up" opportunity when your looking for some social, outside of the ZC quality Sangha time!

Board of Directors - Developments:

Going forward we have offered our temple as a meeting place for the Hartford Street (as in the street we live on 18th to 17th street section) safety (SAFE) meetings. At this point they are looking like a monthly event & next one is June 24th at 6pm, so a little extra vocal sounds



practice hurdle for those in Zendo, but we know your up to the challenge or feel free to attend the meeting on the main floor!

Ascending the Mountain:

Rolling, rolling, rolling... A beautiful hand drafted layout for the ceremony has been drafted and offered, the bulk (but not all, still tracking down contact info) save the dates sent electronically. A healthy discussion about refreshments is in full swing. The Okesa is about to be joined panel to panel in one full piece. Interior painting will be continuing soon, discussions for formal invites has started and each day begins with a sun rising and moon descending. We are on our way.

As always:

Our deepest gratitude to all who are helping to continue to move this project forward towards the ceremony happening.

Sangha Member Musing: [Peter Goetz MFT](#) - Dharma name Tokusan

Deconstructing Mindfulness

Mindfulness is everywhere nowadays. Like so much else in American life, it's become a commodity, a product. Not long ago I was looking over the 2013 course listings for an East Coast conference center and saw 19 courses being offered with the word mindfulness in the title. And that's not counting the ones with mindfulness's first cousin 'consciousness' appearing in the title.

A quick Internet search showed similar offerings elsewhere on Mindfulness in Capitalism and Conscious Horseback Riding. If being mindfully capitalist helps someone gain a widened, less-adrenalized perspective on themselves (and maybe their cardiac health), their families and co-workers, then they're working with themselves in a good way. As for conscious horseback riding, I'm not so sure but if it helps to keep you from falling off the horse, well, that too is a good thing.

My skepticism here is [\(click here for the rest of article\)](#)

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check out our community events page for more events!

Get timely updates via [Twitter](#) as we work to revive this fast update model and see if we can utilize for a meet-up social opportunities tool!

Practice Leader, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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May this newsletter find you well & filled with equanimity! //

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